

Stay Slim with Him

*The couple that plays
together, weighs together*

By Christina Sexton

What first drew you to your partner? His eyes and sense of humour probably set your heart aflutter, but according to research from *The American Journal of Clinical Nutrition*, his love handles may have been the clincher. When couples first meet, they tend to have similar body-fat levels—and they're likely to stay that way over the years. "Similarly, if one half of a couple decides to improve his or her diet, or start a new exercise regimen, it can encourage and provide support for the other half to follow suit," says nutritionist Eloise Howard from Sydney's Eat Well Move Well Live Well. Here's how to live healthfully ever after:

Train Together

It's likely to be cheaper, and it can strengthen your relationship, too. "Training together is empowering," says fitness scientist and Everlast-clothing-line ambassador Craig Harper. "You're both working towards a common goal, and it creates an emotional-support base, which means you'll be much more likely to stick to a routine."

Draw Up a Couples' Contract

"If you and your partner want to commit to an exercise plan, figure out your 'non-negotiables'. These are rules you agree on: to work out together four times a week for six months, for example—no matter what," says Harper. "Setting goals together gets your heads in the right place to make decisions that will get you the bodies you want."

Stick to *Your* Eating Plan—Not His

Just because he feels like having a feast doesn't mean you have to join him. Consider whether



you're actually hungry. Remember, men have different dietary needs. "A 40-year-old man needs around 800 kJ [about 190 cal] extra per day," says Howard. (Unfair, we know!) So don't match him bite for bite.

Shop 'Til You Drop (Kilos)

"If you can, go food shopping together. It gets you thinking like a team, and it's easier to make healthier choices together," suggests Howard.

Stretch Your Drinks

Men can usually tolerate more alcohol than women can. Instead of joining your partner in another round, drink mineral water with a dash of orange juice and a squeeze of lime. Or make yours a spritzer—half wine and half mineral water. "Excessive alcohol consumption contributes to excess body weight. Consider having at least two alcohol-free days per week," says Howard. **■**



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